

Stone Soup Gazette

Orange County Health Needs Assessment

Volume 5, October 1998

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ON THE CUTTING EDGE – AZHAR K. QURESHI, MD, DRPH

Senior Research Scientist at St. Joseph Health System
By: Pamela Austin, Project Mgr., OCHNA



As the Orange County Health Needs Assessment (OCHNA) telephone survey, which California State University, Fullerton has been conducting throughout this last summer, begins to wind down, our attention has turned to how to analyze the data. The good news is that we are gathering the most comprehensive primary data on health that has ever been done before in the history of Orange County. Of course quality data collection is a necessary and essential first step. But, with it comes the challenge of analyzing an enormous data base in a way that will yield the highest statistical integrity, combs out essential variables, and, in the end produces useable information that is simple to understand.

Such a complicated endeavor requires more sophisticated skill and knowledge than can normally be found (where is an Einstein when you really need him?). Just when we were thinking we would have to import such a cranial wizard, Azhar K. Qureshi, MD, DrPH, Senior Research Scientist of St. Joseph Health Systems, offered his support and expertise. Dr. Qureshi holds a Doctor of Medicine from Dow Medical College, University of Karachi, Karachi-Pakistan; a Masters of Public Health, California State University at Northridge and, a Doctor of Public Health, with a concentration in Cognate: Statistics (trust me - don't ask), University of California at Los Angeles.

Dr. Qureshi is experienced in S-plus and SSS program languages; building epidemiologic models with case-control and cohort data; econometric models with cross-sectional, panel, and time series data; growth-curve models with random-effects; ARIMA models for forecasting; survival-time models with multiply events; design-effect adjusted models in survey research and meta analytic models. He also has computer-intensive expertise in statistical methods such as bootstrapping, randomization and Monte-Carlo simulation (No, I don't think you can use that one in Vegas). Beyond reporting the general survey results in the standard format (cross tabbing the usual demographic and socio-economic variables to each survey question), Dr. Qureshi's knowledge and technical skills will give us a unique opportunity. We will be able to take a few select variables from the survey data and apply the appropriate statistical formulas, to dig deeper into multivariable relationships and analyze any significant correlation's and hopefully provide a clearer picture of what the health concerns are in our own backyard.

OCHNA would like to extend our thanks to St. Joseph Health System, a member of our steering committee, for generously supporting Dr. Qureshi's interest and commitment to our project (and some people still wonder why I love collaborative projects). As I gloat over our exceptional find (a good-hearted genius, with social skills), Azhar reminds me that he is "a statistician, not a magician." But, I don't know he may just be a really young Merlin reincarnated.

DID YOU KNOW...?



- Gestational diabetes affects between 700 and 2,000 women in Orange County each year.
- Risks related to gestational diabetes include a greater likelihood of Cesarean sections; birth trauma related to excessively large babies, or sick babies requiring intensive care; and the risk that the mother will develop Type 2 diabetes following the pregnancy.
- Women with Type 2 diabetes are at risk for delivering an infant with major birth defects including heart anomalies, kidney deformities, cleft lip and palate, neural tube defects and sacral agenesis, among others.

Test Your Diabetes Knowledge

Which of the following is not a symptom of diabetes? (“Frequently Asked Questions on Diabetes.” Center for Disease Control, 1998)

- A. Frequent Urination
- B. Excessive Hunger and thirst
- C. Tingling or numbness in hands or feet
- D. Oily Skin
- E. Unexplained weight loss

Women who have had gestational diabetes are at increased risk for later developing type 2 diabetes. (“Frequently Asked Questions on Diabetes.” Center for Disease Control, 1998).

- A. True
- B. False

What percentage of the population has diabetes? ([Diabetes Info](#). “Diabetes Facts and Figures.” American Diabetes Association, 1997)

- A. 1.7
- B. 3.4
- C. 5.9
- D. 7.0
- E. 0

What does type 2 diabetes result from? ([Diabetes Info](#). “Diabetes Facts and Figures.” American Diabetes Association, 1997).

- A. The body’s failure to produce insulin
- B. The body’s inability to make enough or properly use insulin
- C. Eating too much ice cream
- D. None of the above

It may be possible to prevent or delay the onset of type 2 diabetes by reducing lifestyle risk factors through weight loss and increased physical activity. ([Diabetes Info](#). “Diabetes Facts and Figures.” American Diabetes Association, 1997).

- A. True
- B. False

Answers: D, A, C, B, A



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Visit our web page and check out what is new and exciting, as we venture forth on our quest for a healthier community. If you have questions, suggestions or wish to get involved, please contact Pamela Austin, Project Manager, at the Healthcare Assoc. of Southern California (714) 677-7155, ext. 16, or e-mail her directly at paustin@hasc.org



Stone Soup Gazette

The Stone Soup Gazette is the official Newsletter of the Orange County Health Needs Assessment Project. This is a monthly publication. We welcome your comments, concerns or suggestions. Deadline for articles is the 10th of the month.

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CALOPTIMA RECEIVES NATIONAL RECOGNITION FOR DIABETES EDUCATION PROGRAM By:Kathy Crowley



In the true spirit of the OCHNA "stone soup" philosophy, CalOPTIMA's Perinatal Support Services has joined hands with local health care providers and community-based organizations, including the California Diabetes & Pregnancy Program, Sweet Success, and the Orange County Perinatal Council, in developing an education and follow-up program for diabetes. The award-winning program focuses on preventive care, health monitoring and nutritional education for women with gestational diabetes (diabetes during pregnancy).

The collaborative community program won an honorable mention and a \$5,000 grant from SmithKline Beecham as part of the global health care company's 1998 Health Care Partnership Award Program, with CalOPTIMA receiving national recognition for its role. Criteria for awards included the impact programs had on their communities, their success in partnering with health care professionals and community organizations, and proof of effective teamwork.

"CalOPTIMA's diabetes education and follow-up program was particularly impressive because the organization has achieved so much in a relatively short period of time," said Dennis White, president of SmithKline Beecham's Integrated Healthcare Division. "Their entry really reflected the dynamic partnership between health plans and community groups that is so necessary in fighting this disease effectively."

"CalOPTIMA and its community partners have done a wonderful job in working with community organizations such as ours to reach as many at-risk women as possible with diabetes education and follow-up care." Joann Henry, Coordinator, Region 8, of the California Diabetes and Pregnancy Program said. "That's important, because better care and nutrition during pregnancy reduces the risk of serious birth defects, such as heart and kidney abnormalities." Richard Helmer, M.D., Chief Medical Officer for CalOPTIMA added, "I believe we've created an innovative model, one which teaches patients to take the initiative in managing their diabetes during pregnancy. This will contribute to better birth outcomes and healthier babies."



MULTIPLAN SUPPORTS OCHNA \$\$\$\$

In September, MultiPlan, a provider of PPO insurance in California, contributed \$2500.00 to support the ongoing, collaborative Orange County Health Needs Assessment project. MultiPlan is excited to be a part of this county wide project to measure and prioritize the health needs of our residents, and looks forward to the coming year as OCHNA endeavors to address those needs. Such community support by MultiPlan and others is essential to meeting the goal of good health for all of Orange County.

If you would like more information on how to become a supporting member of the Orange County Health Needs Assessment, contact Pamela Austin, (714) 667-7155.

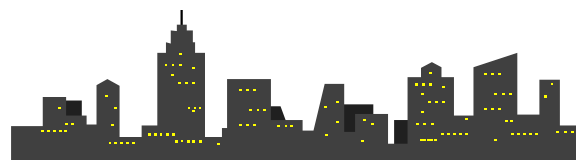
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Pamela Austin, Project Mgr.....HASC
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Anaheim Memorial Med. Ctr.
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Children's Hospital of OC
Coalition of OC Community Clinics
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Chapman Medical Center
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Healthcare Assoc. of So. Calif.
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OC Community Foundation

Community Highlight



FLU SHOTS AVAILABLE IN OCTOBER

By: Mary Wright, Immunization Assistance Project

More than one hundred community sponsors will join forces with the County of Orange Health Care Agency this fall to provide free flu vaccine to senior citizens and people of all ages with serious, chronic health conditions. Senior centers, the Red Cross, hospitals, service organizations, churches, and community health centers have organized clinics that will provide about 70,000 doses of vaccine this October and November. The Health Care Agency distributes the vaccine and the medical supplies, and the site coordinators and their staffs (many of whom are volunteers) will do the rest. This county-wide campaign is a great example of a partnership of the public and private sectors.

For most healthy people, influenza is a relatively mild disease that lasts a few days and causes fever, chills, headaches, muscle aches, sore throat, and cough. However, every year thousands of people who are considered high-risk due to age or underlying health problems develop serious complications that can be fatal. This is why annual flu vaccinations are strongly recommended for all people age 60 and older and people of all ages with heart disease, anemia, kidney disease, diabetes, asthma, or other lung diseases. Annual flu shots are also urged for people who are HIV positive or others who have compromised immune systems. Children who are on long-term aspirin treatment are also at serious risk of complications from the disease of influenza and should receive annual flu shots.

Those who are eligible to receive free vaccine and wish to learn more about convenient clinic locations should call the **Immunization Assistance Project at 714-834-8560**. For others who wish to reduce their chance of getting influenza, Visiting Nurse Association Home Health Systems will offer the vaccine for \$10 at hundreds of work site clinics, markets, and drug stores. To learn about these locations, you can call **1-888-616-SHOT**.

OCHNA

c/o HASC

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